



December 2018

Cambridge Public Schools

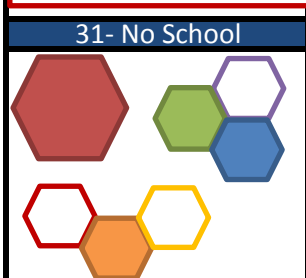
Fletcher Maynard Menu



* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BBQ Chicken Sandwich Apple-Cabbage Slaw Sweet Potato Wedges Sweet Corn	Mild Jamaican Beef Patty Red Beans & Rice Garlic Spinach Garden Side Salad	Chicken Biryani with Rice and Roll Garlic Green Beans Tomato & Cucumbers Garden Side Salad	Mighty Meatball Sub Steamed Broccoli Steamed Carrots Garden Side Salad	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
10	11	12	13	14
Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Three Bean Salad	Three Cheese Pasta Bake Steamed Carrots Garlic Green Beans Garden Side Salad	Breakfast Pancakes Scrambled Eggs Roasted Potatoes Garden Side Salad	Southern Chicken and biscuits Local Root Vegetables Steamed Broccoli Garden Side Salad	Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
17	18	19	20	21
Grilled Cheese Tomato & Basil Soup Cucumber Salad	Chili & Cheese Nacho Bowl Lettuce and Tomato Steamed Corn Garden Side Salad	Beef Tacos Red Pepper Corn Lettuce and Tomato Red Beans & Rice Garden Side Salad	Jamaican Jerk Chicken & Rice Spinach & White Beans Roasted Squash Garden Side Salad	Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
24- No School	25- No School	26- No School	27- No School	28- No School

Winter Break



Make your plate count by selecting 3-5 menu items. You must take at least one Fruit or Vegetable!

Icon Key:
 No Dairy, or Dairy Free Optional
 Contains Pork
 Vegetarian Item

MENU NOTES



LOCAL LOVE:
 Farms may not be as active as they were over the summer, but there are some vegetables that store well into the winter. This month we're using Massachusetts grown root vegetables from Drumlin Farms to compliment the Southern Chicken and Biscuits.

NEW & IMPROVED:
 The Jamaican Beef patty was first featured during National School Lunch Week in October. Overall, we had great feedback. However, some students asked that they be a little less spicy. We will be featuring a MILD version of the Jamaican beef patty this go around, so give it a try and tell us what you think.

Lunch Menu Meal Alternates
 Monday-Thursday
Peanut Butter and Jelly Sandwich
Yogurt with Graham Crackers
Cheese Sandwich
 Tuesday-Friday
Garden Side Salads^ or Salad Bar
 ^Baldwin, Cambridgeport, Graham & Parks, & Haggerty Only

Breakfast!

Chef Notes: Celebrate More, Waste Less

It's that time of year where we get together to celebrate with friends, family, and food. All too often this can lead to trash bins overflowing with food waste.

Cambridge Public Schools have implemented programs to help reduce food waste. This includes modifying food purchases at the district level, adjusting recipes to utilize left overs, offering chef choice days, and implementing share tables in the dining areas. We also collect any food scraps from the kitchen and dining areas for compost.

To learn more about how you can reduce food waste in visit the USDA's website:

<https://www.usda.gov/foodlossandwaste>.

To learn about composting food scraps, visit CambridgeMA.Gov/Compost. May your holiday season be bright and your trash be light!

Enjoy, and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Carrots

Did you Know?

Carrots are one of the best sources of Vitamin A, which is good for your bones, teeth, vision, and skin.

Every month Cambridge kitchens will highlight a local product in partnership with the Massachusetts farm to school program. To learn more check out: massfarmtoschool.org

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Bagel with Cream Cheese	Apple Cinnamon Muffins	Fruit Filled Granola Bar	Egg & Cheese Sandwich	Cereal Special Day
10	11	12	13	14
Fluffy Scrambled Eggs	Chocolate Chip Muffins	Breakfast Burrito	Warm Banana Bread	Cornbread & cheddar Cheese
17	18	19	20	21
French Toast Sticks	Blueberry Muffins	Yogurt & Goldfish Grahams	Warm Zucchini Bread	Sausage & Egg Sandwich
24	25	26	27	28
No School	No School	No School	No School	No School
31				
No School				

Prices 2018-19	Student Breakfast	\$0.00
	Reduced Price Breakfast	\$0.00
	Adult Breakfast	\$2.25
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.00
	Adult Lunch	\$4.00
Milk	\$0.50	

Daily Breakfast Offerings

1. Select the Breakfast Base



2. Add a piece of Fruit



3. Grab your Drink



This institution is an equal opportunity provider and employer.